

Session name	Have an idea!
Theme	Inclusion, Upcycling
Target group	13-35
Group size	6-25
Time	60 – 90 minutes
Objectives	<ul style="list-style-type: none"> ✓ To promote inclusion and to increase awareness among people ✓ To promote upcycling as a tool for teambuilding ✓ To increase creativity
Materials	<ul style="list-style-type: none"> ○ Paper ○ Glue ○ Tape ○ Scissors ○ Pens ○ Candies ○ Anything that can be reused – plastic bottles, belts, clothes, CD-s, caps...
Equipment	Laptop/phone/CD player Camera

Description

10 minutes (PI + PII)

1. Energizer - P_I

- Taking into consideration the number of participants, facilitators separate types of candies into groups of 3 - 5.
- Each participant receives one type of candy.
- Invite them to exchange the candies randomly until the music stops.
- The facilitator turns on the music for 1 minute.
- Tell the participants to find the other group member according to the type of candy.

2. Energizer - P_{II}

- Each group is given paper and tape.
- Their task is to build the highest tower with the provided materials in 4 minutes.

30 minutes

3. "Have an idea" - TB & Upcycling

- Facilitators put the materials in front of the participants
- Each participant is allowed to take 2 objects for his group
- Each group chooses their work space
- Their task is to create an object in 25 minutes using only the materials they took
- They are allowed to exchange materials among the groups
- Participants can also use working tools (glue, tape...)
- After 25 minutes each group is invited to present their creation during 1 minute

10 minutes

4. Debriefing & debate

Start by asking participants about what happened and how they feel about the activity and then go on to talk about the issues raised and what they learnt.

- How did people feel during the activity?
- What did they considered while choosing the objects?
- Do you find this activity useful?
- What would you change?

5. Outcome of the session

- Increased mutual recognition and group cohesion
- Boosted experiential learning
- Developed social competences
- Increased creativity

Ideas for action

- For nr.3 participants who receive an object from the facilitator will have to change the group (world cafe)
- For nr.3 participants have to find the materials outdoors (or just finding one extra material)